



MENTAL HEALTH & OLDER PEOPLE



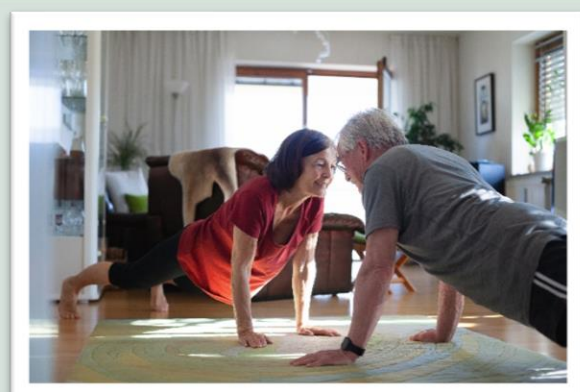
52%

of older people in Residential Aged Care Facilities experience depression or anxiety

(Australian Institute of Health and Welfare, 2013).

For the **65+** age group:

- mental health has stigma attached
- Older people can feel that having mental health challenges is seen as being weak or flawed in the eyes of others.
- Such stigma can stop them getting the help they need to improve their sense of wellbeing



DID YOU KNOW?

- There is little difference in mental illness rates between male and females in the aged cohort.
- New admissions into RACFs have higher care needs linked to depression compared to those without depression.
- Most older people who die by suicide commonly have severe depression.
- Research on the mental health of older people and services designed to assist them is still in its infancy.

RISKS & SYMPTOMS

EACH ARE A CAUSE OR EFFECT OF THE OTHER, A CYCLE:

